

Food - Drug Interactions

Does the food you eat affect the medicine you are taking?

Warfarin (Coumadin®)

What is this medicine used for?

To prevent blood clots from forming or getting bigger.

What foods should I watch out for if I take Coumadin®?

You should **limit**, but not avoid, foods high in vitamin K, such as:



Asparagus	Broccoli	Brussel Sprouts
Cabbage	Cauliflower	Garbanzo Beans
Spinach	Swiss Chard	Turnip Greens
Lentils	Soy Beans	Green Tea
Egg Yolk	Lettuce	Green Apples
Liver	Kale	



You may eat these foods, but you need to make sure that your provider knows. Your medicine will be adjusted for your daily intake. If you eat these foods, it is necessary to eat about the same amount of these foods each day!

What could happen if I take Coumadin® with these vitamin K containing foods?

If you do not eat about the same amount of these vitamin K-containing foods each day, Coumadin® will not work as it should.